Open
Mental
Health

Giving you the support you need when you need it

Lots of things can impact on our mental health

Mental health organisations have come together to provide 24/7 support to adults in Somerset. Whatever is worrying you – anxiety, debt, employment, housing, low mood, addiction - **we're here to help.**

We can support you to live a full life by enabling access to specialist mental health services, housing support, debt and employment advice, volunteering opportunities, community activities and exercise.

Our team is here to support you

24 hour Supportline 01823 276892

support@openmentalhealth.org.uk

Open Mental Health is a Somerset alliance of local voluntary organisations and the NHS. We are working in partnership to ensure that residents of Somerset get the support they need, when they need it.